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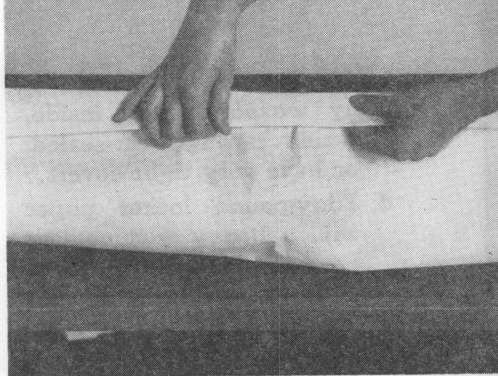
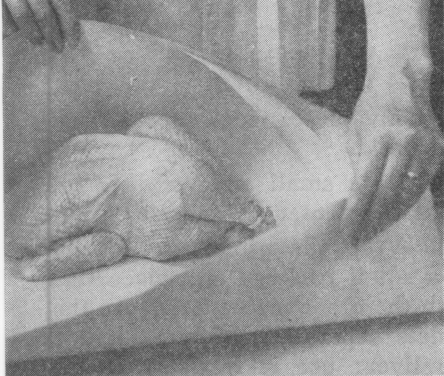
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Use enough paper to make three folds then fold in the ends.

POULTRY FOR THE LOCKER

by George F. Stewart, Belle Lowe and Vera Greaves Mrak¹

HOW'S THE BEST way to prepare poultry for freezing? We've been working on this problem for about 10 years at the Iowa Station. Other states have been studying it too. This story will tell you some of the things we have learned about getting the birds ready for freezing and storing.

To put over this story, we are going to tell it in simple 1, 2, 3's with pictures to illustrate the most important steps.

Select, Kill, Pick

1. Birds with meaty breasts and legs and a generally plump, fat appearance are best. Spring stock may be fattened by shutting them up and feeding them plenty of skim milk or buttermilk, growing mash and grain for a couple of weeks.

2. Kill by disjointing the neck, sticking them or by cutting off the head.

3. After killing hang them up by the feet for 1 minute so as to be sure they'll bleed well.

4. Semi-scald by immersing the birds in water of 125° to 135° F. Agitate them vigorously under the water until the feathers loosen. It's important to get them into the water quickly after killing if you semi-scald. If you use a hard scald (175 to 185° F.) the birds will not look as nice, and there's more danger of freezer-burn during storage.

5. After you scald, hang the birds by the feet again for easy picking. A strawberry huller and a number 8 crochet hook are helpful in getting out pin feathers.

6. Singe off the hairs. Use 2 or 3 tablespoonfuls of alcohol (rubbing alcohol works fine) in a small tin can and light it. You'll have no discoloration from this singe; there will be no smoke either. Wash the birds in cool water with soap or soda. Rinse.

7. Chill by placing in a refrigerator not longer than 24 hours, or cool in a pan or wash tub of ice water for 2 or 3 hours.

Preparing for Wrapping

1. Cut out the oil sack from above the tail.

2a. For a roaster—leave the bird whole, but remove head, feet and entrails.

2b. For fricassee—draw, then disjoint and cut up ready for cooking.

2c. Broilers—split along the backbone after removing the head, feet and entrails. Then cut in two along one side of the breast bone.

3. Separate the heart, liver and gizzard from the entrails. Remove the contents of the gizzard and the gall bladder from the liver.

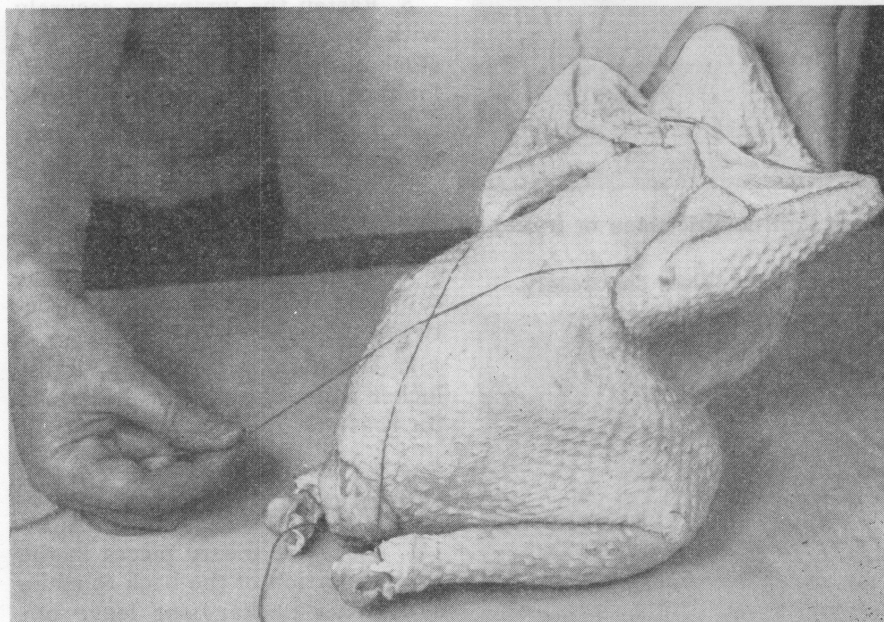
About Wrapping

1. Wrap or pack each bird tightly in paper or containers that are moisture-vapor-proof. This is very important in helping to prevent drying out (freezer-burn) and loss in flavor during storage.

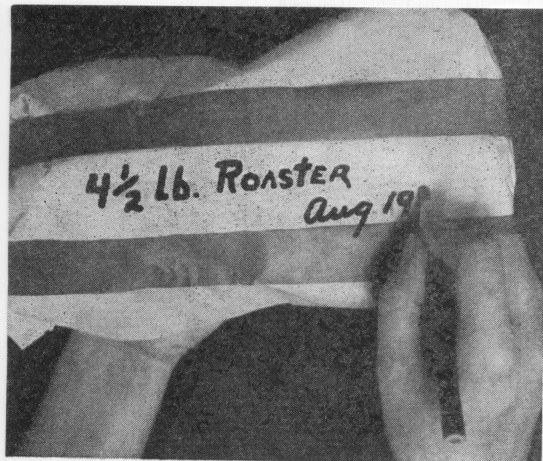
2. We have found these materials satisfactory for wrapping:

- a. Moisture-resistant cellophane or pliofilm.
- b. Laminated aluminum foil, cellophane or glassine.
- c. Cardboard containers heavy.

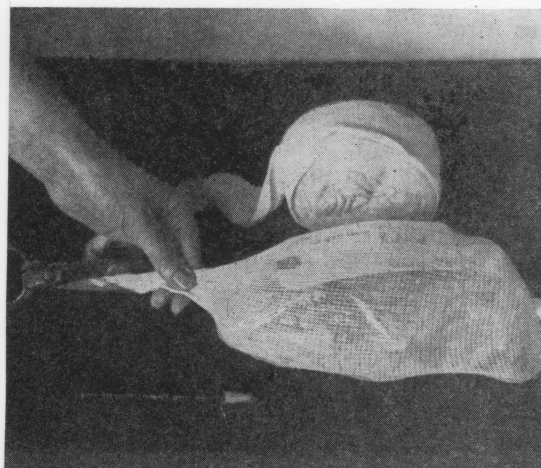
Be sure to tie the roaster securely.



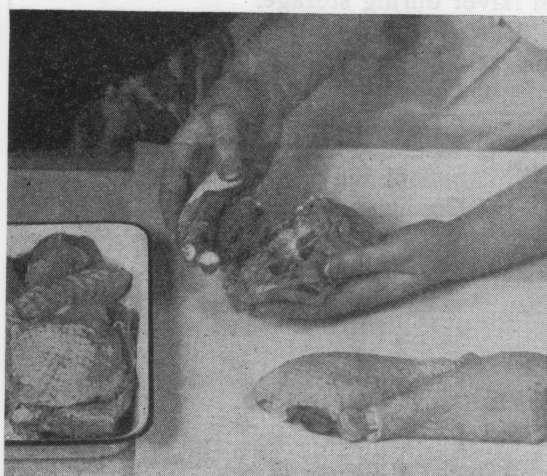
¹Extension specialist, University of California.



Label and date.

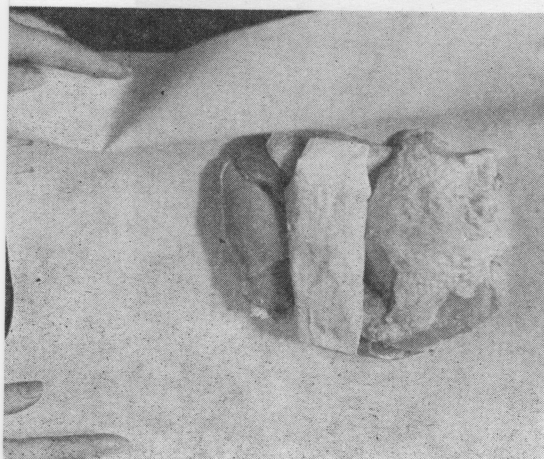


Cover with stockinette.



Pack tight for fricassee or frying.

Wrap the giblets separately.



ily waxed on the inside, which can be heat-sealed, or have very tight covers.

- d. Forty-pound locker paper with a heavy wax coating on one side. Be sure to place the wax side against the bird.

Wrapping Roasters

1. Wrap the giblets (except livers) separately. Place in the body cavity. Use the livers fresh or freeze them separately and eat them within 3 months.

2. Use about 1 yard heavy twine to tie. Tie the legs together, flatten them against the body and loop the twine over the tail to hold. Keep the twine tight, bringing it across the back and under and around the wing. Fold the wing tips against the back. Draw the string over to the second wing, catching it under the string which pulls the neck back. Loop the string over, then under the second wing. Bring it back to the first leg and tie the ends of the twine firmly.

3. Place the bird in the center of a square piece of suitable locker paper. Allow enough paper to make three folds down when wrapping. Bring the ends of the paper together above the bird. Fold down in about 1-inch folds until tight against the body.

4. Press the paper firmly against the birds and fold ends in the same manner.

5. Fasten the wrapping securely with twine or odorless tape. Use stockinette or outer wrap over cellophane or pliofilm wrapped birds.

6. Label, giving date and use, such as "roaster."

Wrapping Broilers

1. Place a piece of cellophane or a double fold of locker paper between the halves.

2. Wrap in a piece of suitable locker paper the same as described for roasters.

Fryers or for Fricassee

1. Place the meaty pieces in the curved portion of the back to make a compact package, or leave out

the bony pieces, such as the back and neck.

2. Place small ends of legs toward the center of the pack.

3. Wrap the giblets separately in a small package and place this with the other pieces, or freeze the giblets separately. Don't include the liver; use it fresh or freeze it separately and use within 3 months.

4. Place all of the pieces of chicken on the center of the paper in such a way as to make as nearly as possible a square, flat package.

5. Wrap as directed for roasters.

6. You can pack the pieces tightly into a waxed carton or cellophane bag and seal the package or cover with cellophane and seal.

Freezing, Storing

1. Get the dressed birds into the locker as soon as possible. Quick-freeze and store at 0° F. or lower.

2. If you have a home freezer, get them into the freezing compartment as soon as they are prepared. Leave until solid. Place in storage compartment at 0° F. or lower.

3. If the home unit does not have a special freezing space, place the packages against the cold sides of the case. Leave space between packages. Don't try to freeze too many birds at a time. Six in a 10-cubic-foot locker are enough.

4. The flavor and texture of poultry begins to change noticeably after 6 months in storage at 0° F. and is usually quite noticeable after 9 to 12 months. So don't plan to hold more than 12 months.

Thawing and Cooking

1. You can thaw your frozen poultry in the refrigerator, at room temperature or in running tap water. It will take about 14 to 24 hours to thaw in the refrigerator, about 6 to 8 hours in air and 2 to 3 hours in water.

2. And the cooking—do it as you would a freshly killed bird. We'll have more to say about cooking frozen poultry in a later issue.